



Charlotte Regional Office  
Counseling

## Peace of Mind Beloved Finding Self Esteem in God's Eyes

by Lori Fox, Counseling Supervisor

In this day and age, it's no wonder so many of us find ourselves lacking in the self esteem department. Consider the messages that bombard us in our daily routines. When was the last time that you received a pat on the back for a job well done? When did someone you love look you square in the eye and tell you "I think you are amazing." Have you turned on the TV lately and thought to yourself, "Wow, those thin, beautiful, rich people are just like me"?

Unfortunately, we're more likely to hear when we have missed the mark at work, done something to disappoint someone at home, or anger someone by some innocent maneuver on the freeway. We humans are conditioned to look outward and feed our hunger for approval by what we see reflected there.

Self help books tell us to stop relying on others to build our self esteem. We need to look within and feel great about our lives no matter what anybody else has to say about us. This is easier said than done.

But what if the love and appreciation we crave was right before us all along?

Of all the gifts the life of Jesus has brought to man, one of the greatest was the chance for us to experience the unconditional love of God as a father in a very human way. In turn, Jesus allowed God to experience a father's love for man. When Jesus is baptized, we hear God speak of his son in words all children long to hear, "This is my beloved son, with whom I am well pleased."

What would it mean to you to hear those words coming from God's lips?

Would you feel that even in your imperfections, God loves you and has a father's boundless pride in you? Would you feel more at peace about your life and the choices you have made? Would you feel like what you do is recognized and does matter? Would you feel so full of love for yourself that you would try to help others feel this same self-acceptance?

These questions beg to be answered because it happens to you every day. A father rests his hand on his child's precious head and he calls you by your name, "Beloved".